

HUBUNGAN TINGKAT KECEMASAN DENGAN WAKTU PULIH SADAR  
PASIEN GENERAL ANESTESI DI IBS RS PKU MUHAMMADIYAH  
BANTUL

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**ABSTRAK**

**Latar Belakang :** Pada pasien yang akan menjalani pembedahan, banyak dijumpai mengalami gangguan kecemasan. Kecemasan dapat mempengaruhi persepsi pasien tentang operasi dan memiliki dampak negatif pada pemulihan dari anestesi. Salah satu komplikasi yang terjadi pasca operasi adalah keterlambatan waktu pulih sadar. Waktu pulih sadar merupakan waktu yang diperlukan oleh pasien untuk pulih dari efek obat anestesi, dihitung sejak anestesi dihentikan.

**Tujuan Penelitian :** Mengetahui Hubungan Tingkat Kecemasan Dengan Waktu Pulih Sadar Pasien Dengan General Anestesi di IBS RS PKU Muhammadiyah Bantul.

**Metode Penelitian :** Jenis penelitian yang digunakan adalah observasional analitik dengan desain *cross sectional*. Sampel yang digunakan pada penelitian ini sebanyak 66 responden dengan teknik pengambilan sampel *consecutive sampling*. Analisis data dilakukan dengan uji statistic Chi Square.

**Hasil :** Responden dengan waktu pulih cepat sebanyak 60 responden (91%) dan waktu pulih lambat 6 responden (9%). Sedangkan responden dengan waktu pulih lambat paling banyak ditemui pada responden dengan kecemasan berat sebanyak 5 responden (83%). Hasil uji chi square didapatkan nilai  $p=0.021$  ( $p<0.05$ ) sehingga dapat dinyatakan  $H_a$  diterima.

**Kesimpulan :** Ada hubungan tingkat kecemasan dengan waktu pulih sadar pasien dengan general anestesi

**Kata Kunci :** Tingkat Kecemasan, Waktu Pulih Sadar, General Anestesi

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THE RELATIONS BETWEEN ANXIETY LEVELS AND RECOVERY TIME  
FOR GENERAL ANESTHESIA PATIENTS AT CENTRAL SURGERY  
INSTALLATIONS PKU MUHAMMADIYAH BANTUL HOSPITAL

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**ABSTRACT**

**Background :** In patient who will undergo surgery are found with many anxiety disorders. Anxiety can affect a patient's perception of surgery and have a negative effect on recovery from anesthesia. One of the complication patients undergo surgery are found with many anxiety disorders. Full recovery time is the time required by a patient to recover from the effects of a anesthesia, calculated from the time anesthesia was terminated.

**Purpose :** Knowing the relationship between anxiety levels and recovery time of the patient with general anesthesia at IBS PKU Muhammadiyah Bantul Hospital.

**Method :** The type of research used is analytic observational with a sectional cross design. The samples used in this study are as many as 66 respondents with sample sampling samples being taken. Data analysis made with a static Chi Square test.

**Results :** Time respondents recover as much as 60 (91%) and time recover later by 6 (9%). Whereas those with slow recovery time are most often found in those with severe anxiety as many as 5 (83%). Chi square test results obtained  $p = 0.021$  ( $p < 0.05$ ) so it can be pronounced  $H_a$  accepted.

**Conclusion :** There is a Relationship of Anxiety Levels with a Patient with General Anesthesia

**Keyword :** anxiety levels, recovery time, general anesthesia

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